



Slow Food®

Herefordshire

Saucer Batter Puddings

There is nothing new about batter puddings having featured, in one variety or other, since medieval times throughout Europe.

Picking juicy ripe cherries brought back childhood memories of this long forgotten pudding that was made on the day it was '3 chunks of the pantry door' for the mid day meal. Using seasonal fruits from the garden they were cooked and served in individual shallow earthenware saucers. Any shallow oven proof dish can be used rather than individual saucers.

Ideal seasonal fruits to use are cherries, raspberries, gooseberries, rhubarb, stoned plums, apples and pears. To make this economical pudding a little more special soak the fruit in a little appropriate fruit liqueur or cordial. Elderflower cordial is delicious in the gooseberry version.

There was no recipe 'enough' of everything being sufficient depending on numbers sat around the table, the size of the saucer and appetite. This recipe makes for 4 – 6.

250g fruit
100g plain flour
2 eggs
½ pt milk
Small pinch of salt
Little butter

- Make the batter by whisking the flour, eggs, salt and milk together. Allow to stand for as long as possible.
- Preheat the oven to 190C
- Well grease the cooking 'container' with butter
- Scatter the fruit in the bottom of the saucers or oven proof dish
- Pour the batter over and cook immediately until the top is golden and slightly crunchy. About 15 – 20 minutes.
- Just as before serving sprinkle the top with a little caster sugar or golden syrup. For sheer gluttony serve with clotted cream!

